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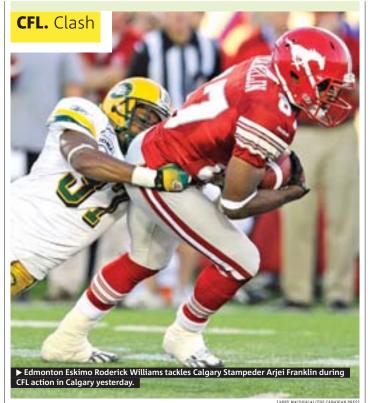
 $SCENE_{\text{{page 8}}}$



Monday, August 16, 2010 www.metronews.ca



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Stampeders thrash Eskimos

The Stampeders crushed the Edmonton Eskimos 56-15 last night in Calgary, and are now tops in the CFL. Story, page 18.

Getting into garden greens

Suggested tips for zesty nectarine salad {page 12}

Emails blasted PM's stance

Hundreds of angry messages over expense audit {page 4}

Parts from vanished plane?

Cessna with 2 energy executives went missing off Nova Scotia on Aug. 5 amid heavy rains, thick fog

Two pieces of fuselage recovered off Cape Breton, N.S., are thought to be from a twin-engine plane carrying two Calgary executives that disappeared from radar while approaching the Sydney airport more than a week ago, RCMP said yesterday

day.
"That's the only plane crash that we have in the area," said Const. Meredith Darrah.

"It's being investigated to in fact confirm that's what the debris is from."

The pieces were found Saturday afternoon by a couple sailing near Scatterie Island, about three kilometres off the eastern coast of Cape Breton. Darrah said officials from Cessna and

Darrah said officials from Cessna and the Transportation Safety Board would inspect the pieces. The location where the debris was

The location where the debris was found is about 20 kilometres south of where officials had initially been searching for the eight-seat Cessna 414.

"We had our designated search area based on the information that we had, the last-known co-ordinates of the plane at the time," said Darrah.

Firm vouches for plane safety

The aircraft was purchased from Stantec, an Edmonton-based engineering and design firm. An official with Stantec has said the plane, which was from about 1979, was test-flown three times and inspected before the sale.

"Almost 10 days have gone by and with the currents, it's not surprising that the debris could have travelled that distance."

Sydney native Dennis Forgeron, 43, and pilot Ronald David Johnston, 57, of Calgary were aboard the aircraft. Both are presumed dead.

Forgeron, the CEO of Calgary-based oil and natural gas company Forent Energy, had bought the plane just days before it went missing.

Police were searching yesterday for the aircraft with the help of a side-scan sonar and a private trawler equipped with a remotely operated vessel.

THE CANADIAN PRESS

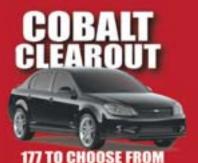


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C100356	2010	CADILLAC	CTS	10 from	\$50,670	\$1,500.00	\$45,724	\$3,000.00	\$1,500.00
C101006	2010	CADILLAC	ESCALADE	4 from	\$95,410	\$6,500.00	\$79,015	\$3,000.00	\$1,500.00
C101122	2010	CADILLAC	SRX	12 from	\$43,225	\$0.00	\$39,995	\$3,000.00	\$1,500.00
C100839	2010	CHEVROLET	1500 SILVERADO	35 from	\$28,495	\$6,000.00	\$17,936	\$3,000.00	\$1,500.00
C100477	2010	CHEVROLET	2500 SILVERADO	11 from	\$44,440	\$8,000.00	\$32,061	\$3,000.00	\$1,500.00
C100517	2010	CHEVROLET	3500 SILVERADO	1 at	\$74,890	\$8,000.00	\$58,636	\$3,000.00	\$1,500.00
C100974	2010	CHEVROLET	AVALANCHE	12 from	\$48.265	\$6,500.00	\$37,009	\$3,000.00	\$1,500.00
C100286	2010	CHEVROLET	AVEO	17 from	\$15,300	\$2,000.00	\$11,995	\$0.00	\$0.00
C100851	2010	CHEVROLET	CAMARO	9 from	\$30,105	\$0.00	\$27,903	\$750.00	\$1,500.00
C101091	2010	CHEVROLET	COBALT	177 from	\$17,310	\$4,300.00	\$12,488	\$0.00	\$0.00
C100392	2010	CHEVROLET	COLORADO	9 from	\$25,795	\$7,300.00	\$15,846	\$750.00	\$1,500.00
C100902	2010	CHEVROLET	CORVETTE	1 at	\$90.065	\$7,000.00	\$70,648	\$750.00	\$1,500.00
C100985	2010	CHEVROLET	EQUINOX	6 from	\$32,085	\$0.00	\$29,893	\$750.00	\$1,500.00
C100490	2010	CHEVROLET	HHR	6 from	\$23,820	\$1,500.00	\$19,695	\$750.00	\$1,500.00
C110010	2011	CHEVROLET	IMPALA	5 from	\$29.520	\$0.00	\$27,426	\$0.00	\$0.00
C100372	2010	CHEVROLET	1500	32 from	\$37,320	\$6,000.00	\$27,781	\$3,000.00	\$1,500.00
C110014	2011	CHEVROLET	MALIBU	12 from	\$26,390	\$0.00	\$25,057	\$0.00	\$0.00
C100842	2010	CHEVROLET	SUBURBAN	1 at	\$80,775	\$4,000.00	\$68,229	\$1,500.00	\$1,500.00
C101248	2010	CHEVROLET	TAHOE	1 at	\$75,470	\$6,000.00	\$61,579	\$1,500.00	\$1,500.00
C100919	2010	CHEVROLET	TRAVERSE	22 from	\$37,505	\$2,000.00	\$32,690	\$1,500.00	\$1,500.00
P100725	2010	GMC	1500 SIERRA	54 from	\$27,785	\$6,000.00	\$17,936	\$3,000.00	\$1,500.00
P110005	2011	GMC	2500 SIERRA	10 from	\$42,155	\$2,500.00	\$35,589	\$0.00	\$0.00
P100567	2010	GMC	ACADIA	10 from	\$39,905	\$2,000.00	\$34,860	\$1,500.00	\$1,500.00
P100218	2010	GMC	CANYON	9 from	\$25,385	\$7,300.00	\$15,646	\$750.00	\$1,500.00
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'Good neighbour' calls increasing

so-called "good neighbour" bylaw have been steadily increasing since the system was instilled six years ago, officials say.

Bylaw director Bill Bruce said the city re-ceived 10,000 more calls than usual last year, elevating the total to almost 62,000 in 2009.

"I think it just shows that people know they have somewhere to turn, and it shows people are

taking an interest in their communities," Bruce said.

Bruce says half the calls under the bylaw are related to snow and ice control. The other 50 per cent pertain to weed control, unsightly yards and alleys, and noise complaints.

Bruce said just because there are more calls coming in doesn't necessarily mean Calgarians are behaving worse than usual.

"It just means more people are aware and the city

15,800 Complaints about unsightly property made up the largest volume of calls.

is growing. And we have such a high compliance rate that most people get it after the first visit without fines and we don't need to come back," he said, adding compliance rates are between 95 and 97 per cent.

KRISTA SYLVESTER





Thousands get a **Taste of Calgary**

An estimated 60,000 attend this year's festival • Plans underway to make next year's Taste even better



This year's Taste of Calgary sizzled more than it has in years.

The four-day food festival involving 45 different food and beverage companies and thousands of willing tasters was full of rain, shine, and ultimately, suc-

"This has been our best year since 2005, which was a huge year for us. That was when Calgary had a summer," quipped festival pro-ducer Dave Van Aalst. Despite Thursday's and

Friday's steady stream of rain, Van Aalst said sales didn't suffer.

"We were at about the same sales as we have been the last three or four years, which was really encourag"Calgarians are resilient. A little bit of rain doesn't keep them away." DAVE VAN AALST,

FESTIVAL PRODUCER

ing. It led us to believe we were going to go crazy Saturday," he said.

Although Van Aalst won't have official numbers until the end of the week, he believes Saturday set a festival attendance record. judging by the amount of tickets and food sold.

"It was awesome," he said. "Right from the minute we opened until we closed, it was a good crowd.

Yesterday brought another solid crowd, with long lines of ticket-holders anxious to sample ribs, skewers, and spicy foods.





News on the move

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conditions on Tamil migrant ship were far better than

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National outrage

PM's office was deluged with angry emails after refusal to let auditor general look at MPs' expenses.

Harper's inbox was deluged last May with hun-dreds of angry emails from citizens outraged that MPs wouldn't allow the auditor general to scrutinize their expenses.

The Conservative Party won't get one more cent from me unless that hap-pens — now," said one typ-ically incensed correspondent.

Said another: "Can you please try to move this country further away from the banana republic it is? What is the problem? Are the greasy little MPs com-

Unanimous

Among the hundreds of emails to Harper, only one urged the prime minister to resist Fraser's request.

Expenses The House of Commons spends about \$500 million each year, of which some \$130 million goes to pay MPs' telephone bills, meals, travel, hospitality, office expenses and other discretionary items.

plaining?"

The tsunami of electron-

the refusal of an all-party committee of the House of Commons to accede to Auditor General Sheila Fraser's request to audit the books of the lower house, including the expenses accounts of MPs.

The committee, known as the Board of Internal Economy, stonewalled for months until the public outcry grew so loud that members finally crumbled on June 15, announcing that Fraser would be allowed to conduct her au-

THE CANADIAN PRESS



Rain doesn't stop remembrance

A heavy rain storm did not stop a ceremony in Ottawa yesterday to commemorate the 65th Anniversary of the Victory in the Far East (VJ Day) and the end of the Second World War. The ceremony was moved indoors. Asia also paused yesterday to remember Japan's surrender to the Allied forces which ended the war 65 years ago, as the Japanese prime minister apologized for wreaking suffering on the region and the South Korean president said Tokyo's remorse was a step in the right direction.

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Conflict complicates refugee efforts

The story of nearly 500 Tamil migrants who arrived in Canada last week begins decades ago in their home country of Sri Lanka, where separatist Tamil rebels waged a bloody campaign of terrorism and civil war that lasted for 26 years.

Allegations of abuse and war crimes have tarred both sides of the conflict. and experts say even the end of the civil war last year has failed to calm tensions in the country, particularly for the ethnic Tamils whose lives have been consumed by fighting for a quartercentury.

The men, women and children aboard the MV Sun Sea, which arrived in B.C. near Victoria last Friday after sailing towards Canada's West Coast for months, are expected to make refugee



claims arguing the violence in Sri Lanka makes it too dangerous to return home.

In their fight for an independent state called Eelam, the Tigers resorted to assas-

sinations, suicide bombings and the use of child soldiers, often targeting other ethnic Tamils, including Tamil politicians who were sympathetic to the Sri Lankan government.

The group has been labelled a terrorist group in various parts of the world, including Canada.

Ottawa claims some of the migrants aboard the Sun Sea are themselves members of the Tamil Tigers.

On the other side is a government that itself has been accused of war crimes, especially in the dying days of the conflict, for targeting areas where the Tigers had trapped civilians and for keeping hundreds of thousands of Tamils in government-controlled refugee camps. THE CANADIAN PRESS

Arrest near PM's house

A man was arrested by RCMP Saturday night after he was observed igniting a small quantity of a flammable liquid that he had poured onto the sidewalk outside 24 Sussex Drive, the Prime Minister's official residence in Ottawa

The suspect remains in custody.

THE CANADIAN PRESS



Toddler home after surgery

An Edmonton toddler who underwent a second operation in New York to remove a malformation on his face is back home in Canada.

Maddox Flynn arrived in Edmonton Saturday morning with his parents. THE CANADIAN PRESS



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- Mr. & Mrs. Ollie Stephan, Calgary

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I always believe that when there is something good, the world needs to know about it. CDPC is one of those good. It took care of my NECK PAIN when I have myself treated at their clinic. If you have a need or back pain, try them, you won't regret it.

-Ben J., Calgary



When I first came into this clinic I could not walk upright, after a few visits I was actually able to walk straight and get out of my car without pain and without a cane! My family doctor approved of this treatment and when I hurt my ankle I was able to avercome with modalities in this clinic as well. Thanks for giving me back my mobility. I would recommend this pain free, drug free treatment to anyone suffering.

- Attai J., Calgary



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- Mr. & Mrs. Gobin, Calgary

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earnings declini

Malaise on stock markets deepens as recovery pace slows

ikofi ii

themselves smack in the midst of the summer doldrums this week as the second-quarter earnings season winds down and there are few major, market-moving economic reports due.

However, economic data last week gave investors plenty to think about, including more signals that gains will be hard to come by as the recovery stalls.

There has been "some very good news" in the

"We really do believe that what we're experiencing is a slowdown of economic growth, but still growth."

SERGE PEPIN, DIRECTOR OF INVESTMENTS AT BMO INVESTMENTS

form of a generally positive second-quarter earnings season, said Serge Pepin, director of investments at BMO Invest-ments. "But it's being overshadowed by the gloom-and-doom attitude, a general malaise out there that there could be a double-dip recession, that the

global economy will go back into recession," Pepin added.

This week, investors will get the latest reading on the Canadian manufacturing sector tomorrow when Statistics Canada releases manufacturing shipments data for June. THE CANADIAN PRESS

News in brief

Apple official indicted

CRIME. Paul Devine, a manager at Apple Inc., has been indicted by a grand jury in an alleged kickback scheme involving suppliers of iPhone accessories. THE ASSOCIATED PRESS



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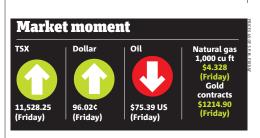


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India may seek access

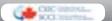
India may ask Google and Skype for greater access to encrypted information once it resolves security concerns with BlackBerrys, which are now under threat of a ban, according to a government document.





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THE ERA OF THE UNINFORMED VOTER



When Barb Higgins announced a couple of weeks ago that she would be the 12th candidate running for mayor, you could hear people all over the city saying the same thing: "Hey, I know her." And in Canadian politics, that may be enough to win.

hile political scientists will probably have my head for saying this, we are currently living in a democracy ruled by the uninformed voter. After hours of Farmville, Big Brother 12 and re-reading Twilight, voters simply don't have the time to study the candidates, let alone

learn their names. So when Election Day comes around and they hopefully head to the polls, voters will likely look for the name they recognize. Advantage Higgins.

But Barb isn't just running on name recognition alone. Her vague seven-point platform is eerily similar to that of a teenager running for high school student council. All that is missing is her promise of a MuchMusic video dance, which would naturally secure my vote.

According to her website biography, besides reading the news, Higgins has absolutely zero political experience. So it might be safe

to say that she believes her celebrity in Calgary allows her to leap frog the usual steps that lead up to mayor. Just ask John Marr, who is already patiently waiting

in the wings and playing the thankless role of alderman. In a day and age when celebrities regularly run for office, Barb's actions are actually quite common.

The name recognition factor puts many established politicians and community

community
activists at a disadvantage. I'm
sorry, but celebrities in office are
just more fun. I for one would
love it if more of Calgary's celebrities ran for mayor. I'm talking to

you, Jann Arden or Brett Wilson. Citytv's Jill Belland regularly wins Sexiest Calgarian — surely that should be enough to secure her at least an aldermanic seat.

However, just because there is a celebrity in the mix, it doesn't mean the other candidates should give up. They just have to work extra hard at making sure the average voter knows who they are and somehow match the recognition that comes with Higgin's 20 years at CTV. Of course the obvious choice would be a sex tape, but given this year's crop of candidates, I'm sure no one would be interested. (Sorry, Rick McIver.)

So if candidates want to win this election, they'll need to be well known, personable and most importantly, have a really funny Twitter account. I guess an aggressive and solid platform would be fine too.

LOWER FORMS OF LIFE:

MICHAEL DE ADDER

Cat lovers respond

"It might be safe

to say that she

believes her

celebrity in

Calgary allows

her to leap froq

the usual steps

that lead up to

mayor."





Cockroach

Letters & Tweets

We asked: What's the better pet — dogs or cats?

TORONTO. Where are all the feline lovers?

I like dogs and all animals, but must say that I prefer cats to dogs. Contrary to what most people think, cats are trainable and are very intelligent.

Some cats act more like dogs (such as mine), are highly affectionate and can also play fetch. They are very entertaining and, of course, the purring is so pleasing to the ear.

LIZ SIMPSON

TORONTO. I've grown up with pets — both cats and a dog and I prefer cats.



Yeah, they can have attitude but that's the attraction. However, each one of my cats — including my current two — have been very affectionate and eager to play. There's no work to get there — if you show them affection, you'll get it back. Rather than worry about being ignored, I sometimes complain that

my cats want too much attention.

Cats are more independent than dogs, which is great. I don't have to race home after work to walk them or spend extra money for a dog walker. But when I come home, I get "kisses" and "hugs" from my cats, who are happy to see me.

Buying your own engagement ring: Girl power or desperate act?

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Metro Minute at Healing Gardens

Take a minute to get well at the Healing Gardens.

Adopted by Parks Foundation Calgary, the gardens are designed to develop our innate connection with nature, said Myrna Dubé with the Foundation.

Beautiful barrel gardens, of all different colours, textures, tastes and smells, line the promenade at Haultain Park, on the corner of 2nd Street and 13th Avenue.

"Even just a few minutes can offer cognitive, social, physical, emotional and spiritual benefits for observers," said Dubé.

The gardens are maintained by participants from the Society for the Treatment of Autism, Cerebral Palsy Association in Alberta, and Alpha House Society, among others. © BRETTE EHAIT





News in brief



Earth Day Network is enlisting groups in 15 countries to plant one million trees this year with Avatar movie director James Cameron and Twentieth Century Fox. Cameron plant-ed the first of one million trees in April in Brazil. Tree plantings in Canada will be focused on reforestation of depleted areas. THE ASSOCIATED PRESS

Redmond O'Neal, the son of the late Farrah Fawcett and Ryan O'Neal, has suc-cessfully completed a drug diversion program. O'Neal's gradua-tion led to the dismissal of two felony drug-related cases, an official said. THE ASSOCIATED PRESS





The last real action heroes



he poster for The Expendables features the main men and only their last Not just because names.

they've been in so many action flicks that you're supposed to know who they are, but because a last name alone is much more badass. It's also a cliché, but these are the guys who made stuff like this into a cliché. Just look at their creden-



Best-known action roles

John Rambo: Rockv No. of action films: 34



Trademark weapon

Liberated machine auns/his knife/ his fists.

Badass action hero line

"In town you're the law, out here it's me." RAMBO

Badass action hero action

He takes out a guy in a helicopter by throwing a small rock at him in First Blood.



Wong Fei-hung in the Once Upon a Time in China series No. of action films: 35

Martial arts

"Remember my face, so you can seek vengeance in the next life." PANG OINGYUN. THE WARLORDS

In Fist of a Legend, using nothing more than his fists and feet. he takes out more than 50 men. Men, we might add, who are top-level martial arts students.



Harley Davidson, Ivan Vanko in Iron Man 2, Marv in Sin City No. of action films: 33

Weird, energized whip-like chains in Iron Man 2

"This is blood for blood and by the gallon." MARV, SIN CITY

Walking into an armed robbery in progress, Rourke's character in Harley Davidson and the Marlboro Man politely pays for gas before beating up the thugs.



John McClane in the Die Hard movies No. of action films: 39 Whatever he can snag from his enemies



A helicopter drops him off on the wing of a moving plane, where he fights two bad guys, releases fuel and blows it all up with a lighter in Die Hard 2.



Drago in Rocky IV No. of action films: 36



"I must break you." DRAGO

He picks up a couch to ram it against a knife-wielding captor in Storm Catcher.



Mercenary Frank Martin in the Transporter movies No. of action films: 22



"Have a good life. What's left of it." FRANK MARTIN

Without a weapon, he defeats two guys who corner him with axes in a narrow hallway in The Transporter.

Staying healthy key to success on SYTYCDC

○ Show will not have any all-star format like U.S. version used **○** Guest judges include Rex Harrington

So You Think You Can Dance Canada debuted its third season last night, just days after the U.S. version wrapped with abundant injuries, including Edmonton native Alex Wong's torn Achilles tendon.

Dance Canada judge Jean Marc Genereux, who choreographed on the U.S. series, says he hopes contestants here will see the bruises and breaks south of the border as a cue to be extra careful.

"it's a great school to learn from and say, 'Guys, look what happened to the U.S. show, let's not do the same mistake: warm up, make sure the choreographers are aware of the difficulty that you're asking for," the Montreal ballroom master said.

"Everybody has to be smart and conscious about it and we're going to have an amazing season. But it's



never a zero guarantee about injuries or drama or anything."

Of course, those who've watched Season 2 of Dance Canada know that all too well after seeing winner Tara-Jean Popowich suffer from dislocated ribs on the show. Another Top 4 finalist, Everett Smith, also had dislocated ribs as well as vertebrae problems in his neck and a shoulder injury.

THE CANADIAN PRESS





Talking points

Jo-Bro denies getting some

Joe Jonas is threatening to sue a Canadian blogger, Zack Taylor, for reporting that he and Camp Rock co-star Demi Lovato are "friends with benefits," according to TMZ. OMETRO WORLD NEWS



Celebrity tweets



Russell Brand [Arustyrockets] If life gives

you lemons, politely thank life, then, when life's not looking, throw the lemons into a duck pond.



Russell Simmons [AUncle-RUSH] Prac-

tice loving everybody and everything all the time. But hang with those people who lift u up



Russell Tovey [Arussell-

tovey] Mid day drinking... Kinda an unrealised pleasure... Love Saturdays off!



way the business works

METRO WORLD NEWS

Lohan looks for early exit

Prosecutor says Lohan won't spend 90 days in rehab

After she served only a fraction of her 90-day jail sentence, it looks like sentence, it looks like Lindsay Lohan won't be in rehab for the full 90 days ordered by the court, either. "My

understanding from conversations with (Lohan's lawyer) Shawn Chapman Holley is that Miss Lohan could be released early from the treatment facility," Danette Meyers, a prosecutor in the case, tells Radar Online.

"How much earlier she could be released I'm unsure of at this point."

But her dad thinks that's an awful idea. "My prediction is that

Lindsay will get out of rehab early, probably still be on some kind of prescription drugs, she'll go right back to work and go back



to hanging out with the same people and everything will once again fall apart," Michael Lohan tells the Web site.

"And this will only have

been a band-aid."

Lohan checked into the rehab center on Aug. 2, after serving 13 days of a three-month sentence

METRO WORLD NEWS

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Cyrus looking for a C-cup?

Though she hasn't even turned 18 yet, Miley Cyrus has reportedly already decided she wants breast augmentation surgery, according to Star magazine.

"Miley is intent on getting a boob job, and she's

insisting her parents sign the consent form, which is required since she's still 17 years old," a source tells the magazine. "(Parents) Billy Ray and Tish are letting her go for it. She's beyond their control, anyway."

The source says Cyrus is looking to former Playboy Playmate Holly Madison for inspiration, wanting breasts of a similar size.

A rep for Cyrus has denied the rumours of plan for a boob job.

METRO WORLD NEWS





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• "We feel like something has to be sacred. If you share everything with everyone, what is there left?" Sherry Petersik, a new mom who is on Facebook, said • With the social media site entering its sixth year, many early adapters are starting to have children and its causing some major privacy issues for some of them



When Facebook users have kids

If she could turn back time, Sherry Petersik would have done things differently on

Facebook.

The 28-year-old new mom, who writes a home decor blog called Young House Love, wanted only friends and family to access her profile on the six-yearold social networking site. But one blog reader sought permission, followed by others, and at the risk of alienating them, Petersik and husband John lost their

Keeping family life private at a time when 500 million people are on Facebook is a challenge made tougher for young early adopters used to living life online but now also juggling the responsibilities of marriage and children.

Petersik wanted only family to know when she was pregnant, and when daughter Clara was born in May. Their joy was tempered by concern that someone in their real-life circle would inadvertently spill the news on Facebook.

Losing privacy "has completely changed the way I Facebook," Petersik

Profession -centric worries

Yakini Etheridge, a 31year-old clinical psychologist, has whittled down what she reveals on her profile as more readers of her parenting blog, Prissy Mommy, find her on Facebook. Etheridge and husband Derek have a toddler named Chase and a new baby. Etheridge didn't realize

Derek, a lawyer, was sensitive about photos until she posted Derek in an undershirt and boxers, reading to Chase on the couch.

He called her from work and said, "I can't believe you put a picture of me with my underwear online!" Etheridge recalled.

She said she didn't realize that the intimate family moment was available, for example, to one of Derek's clients. She deleted the photo.

said. "We now feel like we can't share a lot of personal things because we feel like we don't want the world at large to read them."

She said they used to share travel plans or personal details because "these were our friends and family, they're not going to rob us or have an agenda," but now the couple is hyperaware of keeping those details offline.

Judy Aldridge, 47, and her 18-year-old daughter are heavy social-media users: Aldridge for her Atlantis Home blog and on-line accessories shop and Jane for her popular Sea of Shoes fashion blog.
"I think if you look at

our blogs, it seems like we share a lot. But there's so much stuff that's off-lim-

Here are some parenting

blogs you can find online.

Parenting blogs

Young House Love: younghouselove.com Tangled And True blog: tangledandtrue.com Prissy Mommy:

prissymommy.com Atlantis Home: atlantishome.typepad.com THE ASSOCIATED PRESS

its." said Aldridge, who adds that she always looks

over Jane's posts before they're published. Sara Hinkle, a 24-year-old expectant mom and freelance illustrator said the seemingly simple act of taking pictures with friends and talking about her day now goes through self-edit-

ing.
"If they don't know about the blog, I don't ever put their names in it," she

But for Brittany Birnel, a 30-year-old mom of three who writes the parenting blog Tangled and True, personal blogs are so common in her social circle that she's not concerned when she shares photos of friends or their children.

THE ASSOCIATED PRESS



Welcome

Perfect familv vacation?

and Twitter feed and I witter feed today to send someone on an all-inclusive get-away. All you need to do is pro-



their alcohol consumption as a first step in trying to prevent fetal alcohol spectrum disorder in children, says the Society of Obstetricians and Gynaecologists of Canada. The doctors organization released a set of guidelines regarding the subject last week. metro



Zesty nectarine salad

Garden greens are abundant throughout the summer and into early fall. A variety makes this salad interesting both in texture and colour.

When mixed with fresh nectarines and finished with a zesty dressing, it comes alive and tickles the senses," says chef Mark Picone of Vineland, Ont., in the Niagara Region.

Suggested wine pairing: Riesling from the Niagara Peninsula.

Chef's tip: If desired, substitute 500 g (1 lb) of pre-washed spring mix for the lettuces. You can also substitute sherry vinegar or red wine vinegar for the icewine vinegar.

Preparation for dressing:

In a small bowl. combine ingredients and set aside.

Preparation for salad:

Tear lettuces into bitesized pieces and place in a large salad bowl. Add nectarines and onion. Whisk dressing, pour over greens and toss lightly. Serve on cold salad plates.

THE ASSOCIATED PRESS

Ingredients:

- Dressing:
 1 red chili, finely chopped
- 125 ml (1/2 cup) extra-virgin olive oil
- 45 ml (3 tbsp) icewine
- vinegar • 15 ml (1 tbsp) maple syrup
- 50 ml (1/4 cup) freshly chopped mint
- 30 ml (2 tbsp) snipped

- Sea salt, to taste Salad:
- 1 Boston bibb lettuce,
- washed and dried
- 1 romaine lettuce, washed and dried
- 1 red leaf lettuce, washed and dried
- 3 nectarines, cut into wedges
- 1/2 red onion, thinly sliced



A staple of Chinese medicine, ginger is well known for helping digestion and

relieving upset stomachs. Often referred to as a root, ginger is in the under-ground stem of the Zin-giber plant. The fact it is rich in phytochemicals including gingerols, betacarotene, curcumin and caffeic acid is a strong

base for its therapeutic qualities. Ginger can be consumed fresh (grated), dried or crystallized (in sugar) and its poignant taste makes a delicious tea fragrance.

O ROMINA MCGUINNESS/ METRO WORLD NEWS







QUESTION: I've heard that DEET is toxic but what insect repellent can I use on my child instead?

Stacey, Edmonton, Alberta

There are safer, less toxic alternatives to DEET and simple steps to prevent a mosquito explosion in your back-

Choose DEET-free insect

SAFER ALTERNATIVES OF INSECT REPELLENT

repellent because DEET is a suspected neurotoxin and respiratory toxin. Check your local health food store for herbal repellents containing essential oils like citronella, cedar, eucalyptus, lemongrass, or peppermint which are mosquito deterrents. They are safe for use on children but not on babes under

Whether you're out camping or just lounging in the backyard, try these

simple tips:
• Switch to unscented personal care products like soaps, lotions and shampoos since

mosquitoes love fragrance. Switch to unscented laun-

dry soap too.
• Wear light-coloured, long sleeved shirts, long pants and socks. Tuck your kid's pants into their socks for extra protection.

• Refresh any bird baths or pet dishes kept outdoors because stagnant, standing water can become a mosquito nursery overnight.

· Fill, cover or remove any items in your backyard that may collect water empty planters, kids' toys, wheelbarrows, garbage can lids, etc.

• Keep your gutters clean to help rainwater



flow freely.

• If you have low spots or areas that puddle in your yard, fill them with soil, gravel or rocks.

· Cut your grass to about three inches tall.

· Install birdhouses or feeders to attract wild birds like swallows and martins, which feast on mosquitoes.

If you must use DEET,

use it sparingly. Read the label carefully, follow the instructions, and do not use concentrations greater than 30 per cent for adults and 10 per cent for kids. Lower concentrations are as effective; they just don't last as long. Never put DEET on children under six months old and never rinse DEET off into oceans, lakes or rivers.

























Trash your waste, or it may kill an animal

▶ All rivers lead to the sea, and with it the litter thrown in it
▶ Between 60 and 80 per cent of the waste polluting our oceans was thrown away on land



METRO WORLD NEWS

Chip bags, cigarette butts, beer cans, plastic bottles. You see them on the beach and very likely they will stay there or be washed away into the ocean, onto another beach, eaten by a seal or borne by ocean currents to join the Pacific garbage patch.

Plastic makes up 90 per cent of the marine debris, and it's floating in all the world's oceans because we have failed to take care of our waste, as we should.

"Trash doesn't fall from the sky, it falls from human hands to land and to the sea," says Besteiro, head of the Ocean Conservancy's international Coastal Clean-up program (ICC).

The ICC is a global grass root movement. 7.8 million volunteers have collected 135 million pounds of garbage from beaches in 125 countries. On Sept. 25 they will mark its 25th anniversary.

anniversary.

Marine debris is a huge pollution problem, and tourism one of the contributing factors. If you holiday by the beach, making sure your six pack ring or chip bag ends up in a bin might actually save a seal's life.

"If you see trash — pick it up," is Sonya Besteiro's advice to tourists this summer.

There are international, regional and local efforts to stop waste even reaching the ocean. The MAR-POL (International Convention for the Prevention of Pollution from ships) has been signed by 122 countries. But experts agree that more work is needed. When developing countries start consuming like the west, without infrastructure for responsible waste management,

the problem will only grow. Besteiro is hopeful though.

"This is a thing we can actually solve, by prevention and education. It's all about changing behaviour," she says. "Everyone has a footprint on the marine environment."

Plastic

Plastic's durability is a double-edged sword. It takes hundreds of years to decompose and thrown in nature it's just crushed into ever smaller pieces and ingested by creatures as small as plankton. Bin your plastic bottle.

Sources of marine debris



Tourism: food and beverage packaging, cigarette butts, plastic beach toys

Sewage water from storm drains and sewers that overflow carry street litter, including condoms and syringes, to the ocean.

 Fishing waste: lines, nets, fishing pots and strapping bands from bait boxes that are lost or dumped overboard.

Waste from ships and boats that is accidentally or deliberately dumped.

SOURCE: GREENPEACE





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INFORMATION FEATURE

Milestones in Fair Trade History

1946: Ten Thousand

Villages begins buying needlework from Puerto Rico 1958: First "Fair Trade" shop opens in US 1964: Öxfam UK creates the first Fair Trade Organization 1973: Fair Trade Original imports the first "fairly traded" coffee from farmer cooperatives in Guatemala 1988: The first fair-trade coffee label "Max Havelaar," is created in the Netherlands 1989: The World Fair Trade Organization is founded 1997: Fairtrade **Labelling Organizations** International is created 2002: The first World Fair Trade Day is celebrated worldwide 2004: The World Fair Trade Organization establishes the WFTO Fair Trade Organization Mark to registered Fair Trade Organizations

www.wfto.com

Make Fair Trade All's Fair your trade

How you can bring awareness to your community

It used to be that Fair Trade products were only available in small shops and health-food stores. However, we're starting to see Fair trade items popping up in more mainstream places. But how can you help spread the word about Fair Trade?

TransFair Canada, a national, nonprofit Fair Trade certification organization, has a wealth of information and ideas. In the past three years, they have rec-Canadian ognized 14 towns (including Barrie) as Fair Trade Towns for their commitment to supporting the principles of Fair Trade and are looking for more cities to join the cause. They also offer free promotional materials to support vendors and Fair Trade pro-motional activities. And they even have a handy



Fair Trade Finder that allows you to find vendors by address and by product all over Canada.

But you might already be helping the Fair Trade cause without even knowing it. Many cafés have already begun serving Fair Trade coffee and tea. Supermarkets are stocking Fair Trade items like cocoa and sugar. And even mainstream snack foods are getting in on the action (Cadbury has committed to producing their original Cadbury Dairy Milk chocolate with Fair Trade certified cocoa). To see if a product meets Fair Trade standards, just look for the 'Fair Trade Certified" label.

For more information on Fair Trade in Canada, visit www.transfair.ca

In developed countries, many producers for staples such as cocoa, coffee, and sugar receive subsidies and incentives to protect them in the event of fluctuating market conditions and other unforeseen circumstances that may prevent them from making a liveable wage. Not so in developing countries.

Fair Trade not only ensures that there is a mini-mum price set for goods that enables producers to cover their costs and take care of their families, but it also requires that hired workers' wages for producers are at least equal to the national minimum wage and that labour conditions are fair and safe. And outside of the Fair Trade minimum, a premium is placed on prices that creates a fund that allows workers and farmers to improve their community through social, economic, and medical intiatives.

Fair Trade also helps the environment, too. Agreements with producers re-

quire that water and energy conservation, fire prevention, and management standards are put in place and strict-ly adhered to. As well, many Fair Trade producers are using skills in composting and chemical reduction to transition to fully organic processes. So the more Fair Trade products are sold, the more families are provided with improved living conditions—and the more green our earth will become!





All in the Family

• Working with family members is full of challenges • How to make the most while avoiding pitfalls



graduates, having chucked their mortarboards to the sky, venture forth from university to pursue professions long from those their parents practiced.

But with the unemployment rate hovering in the clouds, more and more graduates are falling closer

Go through the motions

Be skeptical, Poza stresses, about any position where you call a relative boss. Be even leerier if you won't report to any boss at all. "Make sure there's a real job available," Spector agrees. "You would probably even want to have an interview, and go through the same process that anyone else would go through." "They've gone to school precisely to open their own trail, and then they realize that doing that in this economy is not as easy as it once was. So they fall back onto a fail safe: The family business."

ERNESTO POZA ON RECENT GRADS GETTING JOBS WITH THEIR FAMILIES

to the family tree, landing a spot in that parent-run storefront as old and venerated as your great-granddaddy's daguerreotype on the mantelpiece.

"There is evidence that more young people are doing the unexpected," says Professor Ernesto Poza, who wrote the Family Business textbook. "They've gone to school precisely to open their own trail, and then they realize that doing that in this economy is not as easy as it once was. So they fall back onto a fail safe: The family business."

The problem, Poza warns, is that youngsters who fall back into a company of kin are too likely to recline — and treat the position like some cushy heirloom in an office where results don't count

as much as chromosomes.

Which is why career guides encourage family biz-bound graduates to take a warm up lap in that thankless, brutal job market that lurks beyond the property line.
"Work an outside job for

long enough to receive a promotion," Family Business Magazine editor Barbara Spector encourages. "You'll earn credibility with non-family employees, and come in with the feeling that you've accomplished something on your

You may even find your place in the company dynasty — the talents, passions, and bright ideas you bring to the tribe.

"Otherwise, the risk is never knowing what you're truly good at," Poza says.

New hires plucked from the family tree need to feel like their recruitment was merited, not inherited, Poza notes. "If you're going into the family business

because of a sense of cultural or family duty, owning that decision is next to impossible," he warns. "Your best bet is going to be a heroic act in which you bring the family business back from the brink." Definitely, there's enough family businesses nearing that brink: Small businesses in every corner could use a golden child with a prenatal gift for management.

But if your fam's franchise doesn't qualify — and if your enticed by the employment, it likely doesn't — then consider enlisting one cautious contract at a time.

"Join on a project-by-project basis," suggests Poza. "Most young people come out of school with a real mind for projects.'



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CRIMINAL RECORD?



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A few weeks ago I had the fortune to be invited to a TED recording for popular speaker and author Richard St. John.

The talk, based around his latest book, The Eight Traits Successful People Have in Common, gives the framework for how people like Oprah Winfrey, Bill Gates and Lance Armstrong achieved their own success ... and I'm not going to lie, you will be disappointed to learn that there is no short cut, it's going to take a lot of work. According to St. John, if you are able to focus on the traits he discusses in his book, you can expect to achieve success "in about 10 years."

There's no short cut to success

St. John's eight traits include Passion, Work, Focus, Push, Ideas, Improve, Serve and Persist. Having interviewed hundreds of successful people from a huge range of disciplines including sports, science and business, St. John discusses how passion creates super achievers and is quick to clarify that success does not always mean money. In

The Eight Traits successful People Have in Common – 8 to be Great

By Richard St. John Train of Thought arts, 224 pages, \$17.70

fact the best success stories are from the people who just wanted to be successful .. the money came after.

It is important to know. and St. John has experienced this first hand, that success is not permanent. Without continuously and consistently following the eight traits, your success will start to wane.



Stuart McLean pays tribute to our languages

 Radio host says legislators who crafted the Official Languages Act should be applauded for their courage
 English, French Canadians need to take next step

On the 40th anniversary of the Official Languages Act, host Stuart McLean of CBC Radio 1's Vinyl Café decided to pay public tribute to the federal legislators of 40 years ago.

Remembering the controversy surrounding the Act, and other equally contentious pieces of legislation such as the adoption of a new Canadian flag or the abolition of the death penalty, McLean told his audience: "It was the courage of those Parliaments and the politicians who were in the House at that time that gave me my great respect for the idea of public service and for those who put themselves forward for public service."

"It was something I feel," says McLean of his broad-cast piece, "it should be said more often. Public service people who take a stand for something are not given enough respect. We've been so well served by our public service."

"I remember the anger in English Canada against official bilingualism in Canada," he says of the political and legislative debates of the late 1960s."

In McLean's 1992 book about small town Canada, Welcome Home, English and French Canada don't always seem to know much about each other. One example is the Quebecer who

The Office of the Commis-

sioner of Official Lan-

guages offers a variety of

resources on its Web site.

These resources could be

useful for general interest

or for teachers in subject

areas such as English or

French as a first or second language, social studies

and history.

"People are resistant to change, but now few people would argue against bilingualism, the flag or medicare. These are things which Canadians embrace. These are things which define us as Canadians."

STUART MCLEAN

has never heard of French Immersion. I ask McLean, who travels across Canada for the Vinyl Café: Have things improved since then?

"I suspect that Canadians are more tolerant, more accepting of each other," he replies, "but it's time for us to go the next step." As he put it in his broadcast, "we haven't been successful with our sense of each other. We have been tolerant and ... accommodating too, but we haven't said that they are also us. We haven't embraced the most fundamental truth about us: that they are us, and we are them." It's the old Martin Buber idea, "I am thou," he tells me.

McLean grew up in the very English-speaking suburb of West Montréal.

"I learned the basics of

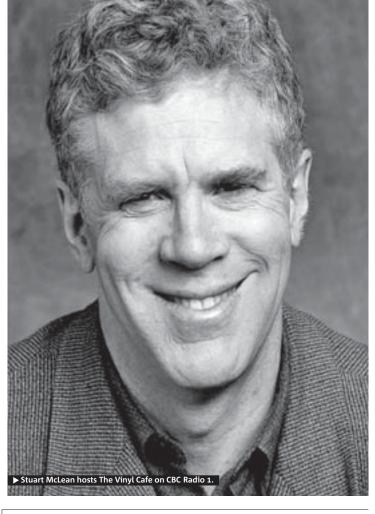
French at school, but it's when I spent the summer working on a construction site where I was the only "Anglo" within 50 miles that, for the first time ... I understood what it meant to communicate in another language."

Looking back on that experience, he says: "I think I learned not to be shy — I could make errors, be inarticulate. I learned that I could communicate with my high school French."

As an artist who works exclusively in English, McLean realizes that his "work requires a Francophone to make the leap into English," even if the Vinyl Café has presented Francophone performers like 3 gars su'l sofa, Les Batinses, Pierre Lapointe, Ariane Moffatt, Daniel Grenier, and Amélie Lefebvre to enthusiastic audiences across the country. As a citizen, McLean feels that one should be reading Quebec literature, listening to their music and watching their films. "I listen to a fair bit of Quebec music," he says.

"The last thing I listened to was probably my all-time favourite Québécois CD from the 1970s, Harmoni-um's magnificent Si on avait besoin d'une cinquième saison. We should all be involved in each other's culture."

NEWS CANADA





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Сецивіа

To appreciate and retrace the history of Canada's two official languages, Our History, Our Path provides a timeline that retraces historical

milestones since the adoption of the Official Languages Act in 1969.

For those who are inter-

Our History, Our Path

For those who are interested in trivia, OCOL's game Discover our languages helps you discover the rich history and culture of Canada's English and French official language communities. The accompanying map helps you locate these communities, which are found across Canada.

Do you want to pursue second-language learning

more details

 For more information on these resources and other tools, please visit OCOL's web site at officiallanguages.gc.ca.

in university? OCOL's online map of Canadian universities, Two Languages, a World of Opportunities, provides information on opportunities offered in various institutions across the country. News CANADA

sports

Stampeders hammer Eskimos

The Stampeders are off to their best start in a decade after a 56-15 win over the Edmonton Eskimos yesterday in the CFL.

The Stampeders lead the CFL and West Division at 6-1, which matches their record to open the 2000 season. Meanwhile, Edmonton's struggles continued. At 1-6, the Eskimos are tied with the B.C. Lions for the worst record in the CFL.



Both Calgary and Ed- monton are heading into

their bye weeks. The Stampeders can revel in their four-game winning streak.

break couldn't The come soon enough for Edmonton, which lost quarterback Ricky Ray to injury

in the second quarter.
Calgary receiver Nik
Lewis scored a pair of touchdowns in the fourth quarter to bring his sea-son total up to five. Joffrey Reynolds, Drew Tate, Arjei Franklin, Dwight Anderson and Romby Bryant also scored touchdowns for Calgary in front of 30,242 at McMahon Stadium.

Rob Maver kicked a 33yard field goal.

Lewis, who extended his record of consecutive games with a reception to 112, compiled 117 yards on five receptions.

With 79 rushing yards, Reynolds moved past Tracy Ham into 10th on the CFL's all-time rushing list.

Calgary quarterback

50Yesterday's game marked the 50th anniversary of the first CFL game played at McMahon Stadium. The Stampeders sported retro uniforms, including grey pants with red stripes.

Henry Burris also had a fine night, completing 21 of 29 pass attempts for 305 yards and three touchdowns.

THE CANADIAN PRESS

Up and Down

Paula Findlay

The Edmonton native won the Kitzbuehel triathlon yesterday after a strong running leg to edge Lisa Norden of Sweden by three seconds. Findlay, 21, also won last month's London triathlon.





Udonis Haslem The Miami Heat forward was arrested yesterday for possession of marijuana following a traffic stop in Miami-Dade County. He was also charged with illegal window tint.

Rogers Cup goes to Murray once again

• Fourth seed wins rain-marred final in straight sets • First to repeat at Canadian tournament since 1995

Andy Murray politely described his stay in Toronto as "one of the best weeks I've had," when it would have been just as accurate to describe his run at the Rogers Cup as one of the best weeks anyone could have on the ATP World

The 23-year-old from Scotland beat the topranked player in the world on Saturday, and he followed it with a win over No. 2 yesterday, winning the tournament with a 7-5, 7-5 victory over Roger Federer at Rexall Centre. It was his first title of the year.

Murray has become the first man to repeat in Canada since Andre Agassi successfully defended his title 15 years ago. He also became only the fifth player to beat both Rafael Nadal and Federer in the same tournament.

"I thought he played well. He wasn't giving me much and he clutch-served at the very end when he had to. He deserved the victory."

ROGER FEDERER ON MURRAY

"Winning a tournament is always great," Murray said. "This is the first time I've beat Roger and Rafa in same tournament, which is probably the most pleasing thing. And I didn't drop a set against either of them — so it's good for the confidence for the next few weeks."

Murray claimed \$443,500 with the win, while Federer had to settle for \$222,000 with the loss. THE CANADIAN PRESS



NHLer Comrie weds actress

Actress Hilary Duff has tied the knot with free-agent NHLer Mike Comrie, most recently of the Edmonton

The pair, who were engaged in February, sealed the deal in an intimate, 100person ceremony, which was held at a California mansion around sunset on Saturday, according to MTV.

Audiences met the former child star as Lizzie McGuire, the lead role in the television series of the same name, and have watched her grow up over the years.

Duff, 22, has also succeeded as a singer and businesswoman, while Comrie. 30, has cut the ice as a centreman with several NHL

Duff's older sister Haylie, was the maid of honour, and their mother walked the bride down the aisle. Torstar News Service



Kaymer takes PGA crown

Martin Kaymer won his first major yesterday in a PGA Championship that will be remembered as much for the guy who tied for fifth. The final stroke of this most bizarre major was Kaymer tapping in from two feet to win a three-

hole playoff over Bubba Watson. Equally significant was the four-iron that Dustin Johnson gently placed in the sand behind his ball on the final hole of regulation at Whistling Straits, unaware that he was in one of more than 1,000 bunkers that litters the lunarlike landscape.

Johnson had a oneshot lead on the 18th hole when he drove it right into a tiny patch of sand where the gallery had been walking all week. THE ASSOCIATED PRESS



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WEDNESDAY

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Andrew Schultz.

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Crossword

Across 1 Cheese partner 4 Genesis woman

- 7 Equipment
- 11 Midwestern state

15

18

28 29

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50 51 52

59

- 13 A billion years
- 14 Operatic solo
- 15 and Teller
- 16 Youngster
- 17 Change
- 18 Will of "Men in
- Black" 20 Nitwit
- 22 Embrace
- 24 "Pop Goes the --"
- 28 Bar musicmaker.
- 32 Former planet
- 33 October
- birthstone
- 34 Poorly lit
- 36 Muscat's land
- 37 Boarded
- 39 "Scram!"
- 41 Stuck-up 43 Tibetan bovine
- 44 "Star Trek II: The Wrath of —"
- 46 Song of praise 50 Dog food brand
- 53 "Please explain"
- 55 Birthright barterer
- 56 Suitor
- 57 Eggs
- 58 Listening organs 59 "— She Sweet?"
- 60 Rowing tool 61 Butter square
- Down 1 Beer ingredients 2 Throat-clearing
- sound
- 3 Short skirt
- 4 "A mouse!" 5 Null partner
- 6 Provide an income
- 7 Inspected

- 8 Historic time 9 Atmosphere 10 Comic Romano
- 12 Watchful
- 19 Gist 21 Energy
- 23 Deity
- 25 Japanese wrestling
- 26 Greek vowels 27 Unrivaled
- 28 Trots
- 29 Fairy tale preposi-
- 30 Green Hornet's

- 31 Roman 14 35 Spring month
- 38 To the degree 40 Atlas page 42 Search engine
- 45 PBS science show
- 47 Quickly, on a
- 48 Zhivago's love 49 Has to
- 50 Lawyers' org.
- 51 Hawaiian garland
- 52 Skillet

54 Simple card game

O

For today's crossword answers and for expanded horoscopes, ao to metronews.ca

today that a relationship which has been going through a tough time suddenly sparks back into life. As always, a lot depends on your expectations, so expect the best and you'll probably get it.

Gancer June 22-July 22 You

Ω Leo July 23-Aug.23 Today's Jupiter-Saturn opposition may undermine your confidence but everything will work out for the best in the end. It always does.

M Virgo Aug. 24- Sept. 22 You will find it quite easy to understand why people behave the way they do today, and that's iust as well as they will be doing some rather strange

do not agree with what certain people are doing you must speak up and make your thoughts known. Saturn in your sign may make you a bit moralistic but only because you care about the people you

M Scorpio oct. 24-Nov. 22 Listen to what your inner voice tells you and act on it immediately, even if it means doing the opposite to everyone else.

→ Sagittarius

Nov. 23-Dec. 21 You might be tempted to see how far you can push your luck today.

り Capricorn Dec. 22-Jan. 20 You'll be a bit nervous today

Aquarius Jan. 21-Feb. 18 Does it seem as if everyone is conspiring against you? If so you need to stop worrying and start acting as if the whole world wants you to succeed because it does. You're being negative for no good reason.

H Pisces Feb. 19-March 20 You will see connections and possibilities today where other people see only confusion. As a Pisces you have a natural ability to tap into the positive en-

but that's okay. By this time

Min 9° Max 22°

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 6AM



Show some love! Send a note to somebody special at kiss@metronews.ca

I'm Glad I Married You Guri.You are my love, You are my sweetheart, You are my life.....I do love you! YOUR RAV

it's so inspiring to read a message here professing one's love to another, so i'm sending my own XOXO to all those in love! spread the feeling:) MAMAFE

To my partner in crime, thanks for making me laugh, for wiping away my tears and for an amazing summer. Happy 13 months sweetie. I freakin love you Leol LOVE, SYNTHIA

ry-guy i love you, you're my favourite LOVE BETHY

Dear Cody, I fealt like ive known you forever but its only been six



may be pleasantly surprised

Today's horoscope

must look on the bright side of life as the new week begins. Don't sit at home brooding about what might have been: get out there and make things happen. Attitude is all important. Make yours ultra positive.

T Aries March 21-April 19 You

Taurus April 20-May 21

Once you make up your mind about something that's it nothing can make you change it again. You may see that as a strength but it could also be a weakness today. Even a Taurus needs to be flexible some-

II Gemini May 22-June 21 You may have some explaining to do after your escapades over the weekend, but you don't have to make excuses

next week you will be full of confidence again and what's a week but a mere seven days. Between now and then steer clear of people who upset your balance.

Sudoku

4 8

3

9

8 1

5 6

logic.

How to play

1-9. There is no math

TODAY

Min 10° Max 26°

involved. You solve the

puzzle with reasoning and

Yesterday's answer ▶

A look at the weather

TUESDAY

Min 9° Max 21°

Fill in the grid, so that every

row, every column and every

3x3 box contains the digits

4

3

ergy. SALLY BROMPTON



You write it!

Write a funny caption for the image to the right

and send it to play@metronews.ca the winning caption will be published in tomorrow's





"ONE OF THE BEST NEWS APPS"

"Really cool. Lets you read articles offline too!" - Real user review The free Metro Canada application is available on the App Store. Don't have an iPhone or iPod touch? Visit m.metrenews.ca for news on the move.



